Montana House of Representatives, Education Committee March 19, 2007

Dear Committee Members:

As a Registered Dietitian and Licensed Nutritionist, I support SB89. I have spent my professional career working with pregnant and breastfeeding women and their children.

I believe the support of breastfeeding in the workplace is important for working mothers. Many do not have the luxury of taking extended leave or not working.

There are many benefits to breastfeeding. A number of them are health related, such as breastfed infants having fewer incidence of otitis media and gastrointestinal illness or reduced risk of obesity. Some of the health benefits will be seen early in the infant's life, others will be longterm benefits for the mother and infant. Because of the health benefits, I expect health care costs to be lower, not only currently, but also down the road.

Employers would reap a number of benefits by supporting their employees in breastfeeding. The return of trained staff, lower absenteeism due to infant illness and lower health care costs (which should reduce insurance premiums in a group health care plan.). They may also find that their employees who receive support to breastfeed are more content with their employer because they did not have to choose between breastfeeding and work.

I know that this bill does not include all employers, but is a good start for setting an example of how it can be for a mother to return to work and still provide breastmilk, the best nourishment, for her infant.

Thank you for your consideration of this bill.

Sincerely,

Chris Fogelman
2169 Alpine Drué
Helena MT 5960